



FOOD:

Crispy treat for those back-to-school lunches **P.10**

ON THE SCENE:

The Great Saskatchewan Mustard Festival at the Willow on Wascana **P.11**

GARDENING:

How to spot and control damage to rose plants **P.12**

TEACHING EXPERIENCE

**THE BRESCIANI FAMILY'S
REMARKABLE DEVOTION
TO EDUCATING KIDS P.4**



FREE

IN THE CITY

SUNDAY, AUGUST 30, 2015 — 1:12 P.M.

Playing in the band



Am/Lepus sings with the Pile-O' Bones Blues Band at The Great Saskatchewan Mustard Festival held at The Missouri Regatta grounds in Saskatoon, Sask.

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ON THE COVER P. 4



Michael Despain is a teacher at Arden High School. QC PHOTO BY TROY FLEECE

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FOOD P. 10



Sarah Wilson Baker-Lodge takes a bite to school weight. QC PHOTO BY TROY FLEECE

QC COVER PHOTOS BY TROY FLEECE

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ON THE COVER

Aug. 1 hits and it's back-to-school mode.

— Deb Bresciani

BACK TO SCHOOL

Bresciani family embraces teaching

By Ashley Martin

As they sit around their dining table in late July, the Brescianis have school on the brain. It's not just because they're being asked about their teaching history. It's because, with a combined teaching experience of at least 50 years, you'd be hard-pressed to catch this family of four not thinking about their life's work.

"I don't think there's a consensus that we have that doesn't include something about education," said patriarch Deb, who retired in June after 33 years of teaching.

These teachers may have two months away from their students during the summer, but that doesn't mean they're not working.

They go into their classrooms to prepare and plan activities for the school year.

"They're never really taken time away from teaching because it's part of who they are," said Janice, the principal of Miller High School.

Already in July, their sons Matt, then, and Mitchell were getting pumped up for the new year. That's the most months of solid work, during which "there really aren't days off because you're correcting or you're planning — you get to June and you're tired."

But come September — and delightfully by Sept. 3, the day the students return to school — "those teachers are just bubbling with enthusiasm to get back to the class," said Deb.

"We used to spend our holidays planning out the opening day activities and the bulletin boards for Deb's classroom," said Janice. "On our trips, we spent the whole time talking about all the things we were going to do to start off the year. And now we're in summer and the boys are doing that thinking and that planning."

"Aug. 1 hits and it's back to school mode," said Deb.

"It's hard to shut it off," said Janice.



(From left) Mitchell, Deb, Janice and Matthew Bresciani, go forward in the future.

♦ ♦ ♦ ♦

To families in the Regina Catholic School system, the name Bresciani has been a familiar one for decades. Janice and Deb (now Tim) are proud of Catholic elementary schools in Regina (St. Andrew and St. Joseph, respectively). They met in Grade 9 at Miller High School and started dating two years later.

Deb knew then she wanted to be

a teacher — her Grade 9 teacher Rose Marie Holzer inspired her and she helped a lot as a teenage.

"I really enjoyed working with kids and helping kids," said Deb.

Janice wasn't sure what to study in university. He knew he wanted to work with people and opted for teaching after hearing about Deb's education coursework at the University of Regina, and witnessing

his older brother Peter at work as a teacher.

Now their two sons, 20-year-old Matthew and 18-year-old Mitchell are teachers in the Catholic system too.

"The boys had to go into education to replace us," Janice joked.

Mitchell shares his dad's sense of humour. When asked why he wanted to become a teacher, he joked, "You

mean we had a choice?"

In all seriousness, Mitchell got involved with peer tutoring in high school and "the whole process of helping other people was just sort of what drew me into it," said Mitchell, who has begun his second year of teaching at Kipling High School.

Matthew shared his brother's love of helping others.

Our entire family pretty much has been very involved in the whole education spectrum in the city — Jamie Bresciani

"When I was in Grade 6, I couldn't wait to get my independent certificate to graduate and help out," said Matthew. As a high school student, he volunteered in his mom's middle years classroom.

"Working with others was the big part, though for me," said Matthew, who is now in his fourth year of teaching Grade 1 and 8 at Donbrye School, a school where all four Bresciani have worked at one time or another.

"Their parents are proud. It's so nice to see there's going to be another generation of caring individuals that are into the classroom making those connections. And just hearing about the things that they're doing makes us even more proud," said Deb.

It's not just this branch of the Bresciani family tree that has agreed to teaching. The aforementioned Peter was a teacher, administrator and superintendent, his daughter Amy followed in his footsteps and is a teacher.

Jamie's younger brother Rob serves on the Regina Catholic Schools board of trustees, his daughter Marissa is a kindergarten teacher at St. Dominic.

Jamie's older brother Jeff was not a teacher, but started during school has after he retired from SaskTel. Jeff's wife Andrea is a school office manager and their daughter, Anika, is a teacher-librarian at St. Gregory.

"Our entire family pretty much has been very involved in the whole education spectrum in the city," said Jamie.

"People say they can't get away from the Brescianis," added Deb.

"I have all the positions filled to open up our own. Brescianis look like," Mitchell joked.

They all teach in the Catholic system, which has been "awesome," said Jamie.

"It's living your faith in the classroom," said Deb.

♦ ♦ ♦ ♦

Deb and Matt both wanted to teach middle years while Jamie and Mitchell agreed to teach high school. For Mitchell, "Mr. Bush" as



Jamie Bresciani has spent eight years as principal of Miller High School. go info.leaderpost.com

dubbed by his students after a viral Vine video — just five years out of high school himself — "I kind of feel like I never left."

When he returned at Laidlaw, his alma mater, "I caught it my way up," said Mitchell, who was mistaken for a Grade 12 student when he started at Ruffe.

"I have to mention a board or else the kids think I'm one of them," said Mitchell.

Jamie's experience as the math and science department head at O'Neill High School led to his becoming an administrator.

After about 10 years as a teacher, "I fell off the ladder one day but my boss," Jamie joked.

Becoming, as a department head, giving workshops to teachers introduced him to a new aspect of education.

"It allowed me to support the stu-

dents in a different way by supporting the teachers," said Jamie, who has been a principal for 17 years.

This marks his eighth post as principal of Miller High School — where he long ago completed his first year of teaching — and he is contemplating retiring at the end of next year.

"There are a lot of things I still want to do," said Jamie.

In the 1990s, he said, Miller was "the" school, one of the most ad-

vanced in Canada. When he became principal, he hoped to guide it back to that level.

"Miller's always been an awesome school, but sometimes over the years a little bit dips here and there," said Jamie. "We've got amazing teachers and now with our Makopape — truly partnerships with the university developing research projects, we are almost at that point."

Continued on Page 6

Nowadays, the classes are made up of students with learning disabilities, students with physical disabilities, emotional needs ... anxiety and depression, which we didn't see before. — *Jamie Brescian*

"Then I can feel good about ending."
He hopes to get into substitute teaching once he retires.
"I was working with the kids and helping them grow with their learning, seeing those 'ah-ha' moments," said Jones.

♦ ♦ ♦ ♦

Teaching has changed a lot since Jamie and Deb began their careers.
"It's definitely a lot more challenging now," said Deb. For one thing, classrooms are more dynamic than they used to be, said Jones.

"Nowadays, the classes are made up of students with learning disabilities, students with physical disabilities, emotional needs ... anxiety and depression, which we didn't see before," said Jamie. And there are more things like an additional language students.

"It's not no longer teaching writing and math," said Jones. "Now, you're dealing with teaching the kids how to be good citizens ... you're getting into their psychology and then their higher-level come back and say 'we're filling behind on our math scores'."

Being able to handle social issues while delivering a curriculum will be a big challenge for teachers going forward, he said.

♦ ♦ ♦ ♦

Technology has also changed a lot since Jamie and Deb were students at MEds.

"When Debbie and I were students, they still had the xeroxgraph and the Gestetner," said Jamie. Gestetner said the xeroxgraph was "a big thing."

When the overhead projector — and later the computer — was brought in, there was a vague fear that the new technology would make the teacher's role obsolete. But it was soon proven that technology is a complement to the teacher, not a replacement.

It was a "useful tool" to be used by the teacher, said Deb.

Continued on Page 7



Deb Deason stands from St. Marguerite Douglas School in June after 31 years of teaching. GQ PHOTO BY TROY RUSSELL

WHAT MAKES A GOOD TEACHER?

The desire to work with and relate to students.

"Sometimes you get people that go into education that are very book smart, they know the subject matter. They may have a PhD or cert. degree in whatever that major is," said Jamie, "but they don't know how to relate to people. Teaching is more than understanding a concept, it's having the ability to take that knowledge and bring it to someone else."

"A lot of people think sometimes go into education and they may be intelligent and I realize it's really difficult to do for me because the job makes you be a little more of an extrovert," added Jamie.

"Making these personal connections with kids is a very important," said Deb.

Loving your work.

"I think education, it's not a job. It's a passion," said Deb. "You have to love what you do to stay motivated."

"You live it all the way through," said Jamie.

Don't pretend to know everything.

"The teacher is not going the education and where they know everything," said Jamie. When he was a student, "There were teachers that couldn't admit if they made a mistake because that whole structure was based on them knowing everything."

"It is almost impossible to do a good classroom management." If you don't have that ability, added Jamie. "They go back into the old method of did-teught, where don't know, don't talk, don't ask, and ... it's almost a recipe for disaster."

"Now technology, but the kids themselves

know more than I do and they're 12, 13, 14 years old," said Matthew. "I think it's the best there is in the world because it shows they're learning, grow about our world and technology and I'm learning more because I get to see all these cool things that they're showing me, so it's fantastic."

"That makes them feel good," said Jamie. The teacher something today," said Deb.

A sense of humor.

"My humor is very cheap and I got school students respond well to that and they're not too cool to laugh at their jokes," said Mitchell.

Imaginational skills.

"We never know what it's going to happen in our class," said Mitchell. "You just have to react to it in the moment."

Encouraging individuality in the classroom.

Last year, Matthew implemented Genius Hour in his classroom, which allows each student to work at a project focused on a passion.

"The coolest thing about it is it can fit into any subject and it can have other subjects together," said Matthew.

One student wanted to play video, so another explored the school to see on Microsoft, a teacher, blocks video game.

"The kids kind of empower themselves to their learning," said Matthew. "Because they get to choose what they want to learn about, they're going to be engaged."

"It's really the teacher, before, asking to put in the extra time and the effort to build these scenarios," said Jamie. "It's not something that's just in a textbook."

I very rarely post pictures on Facebook... You've got to protect yourself first and foremost as a teacher now with all that kind of stuff — Matthew Bresciani

"It still used to vary your instructional strategies, you still need to have that human interaction," said Jesse. "You'd lose a student if you wrote all of your notes overhead on your flip, or on a PowerPoint presentation."

Many of Matthew and Mitchell's students give blank stares when their teachers present to them with a flip easer or a PowerPoint.

Now, said Matthew, you see "The old over head or the old TV cart" in classrooms, but "every classroom has a data projector."

"Technological changes aren't always good,"

"Sometimes cellphone use gets a little out of control," said Mitchell, who plans to create a "cellphone bank" for his math class, where students can park their phones at the beginning of class.

Mitchell sees keeping up with technology as a challenge going forward.

He tries to teach his students the importance of being wary on social media and does a lesson on digital citizenship and digital footprints — including the legal aspects, like if a girl Snapchat her boyfriend a nude photo, is

only at a child porn

Jessie pointed out teachers also have to be careful on social media — and in society.

"It's been 20 years and I've not had the freedom to be thrown out of a Kider game," Jesse said, half joking.

Because if a teacher is found drunk or doing something stupid, "It's all into questions: are they fit to teach?" said Jesse.

When Matthew was accepted into the education program in Grade 12, he vetted his notebook profile to make sure it held nothing incriminating.

"I very rarely post pictures on Facebook. You've got to protect yourself first and foremost as a teacher now with all that kind of stuff," said Matthew.

Mitchell once ran into a group of students at a restaurant, where he was caught having a beer, and they spread the word that they were their teacher drunk. He had a serious conversation with them afterwards.

"You have to be aware of that all the time as a teacher because you're expected to be a model," said Deb.



Matthew Bresciani teaches at Oakridge School. QC PHOTO BY TROY FLECK

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I always tell my kids I couldn't imagine doing anything else with my life. In my opinion it's the greatest job in the world.
— Matthew Brescani



Michael Brescani says the best part of teaching are the laughs. CP PHOTO BY TONY FLEISS.

★★★★
In spite of the challenges of the job, all four first-years are glad with the career they chose — "100 per cent," Matthew said without hesitating.

"I always tell my kids I couldn't imagine doing anything else with my life. In my opinion it's the greatest job in the world," said Matthew. "It's no filler the long haul."

He said first-years at Delphi are better suited because the staff and students can't wait to get back on Monday.

"This school is the most amazing place you could be," said Matthew. "I really can't imagine any other profession that I could have chosen that I could have been as happy as I have for the past 30 years," said Delb. When I retired this past June, it was very bittersweet. "That's why she plans on substituting this fall."

"I can't quit cold turkey," said Delb, who still keeps in touch with a group of students she taught at St. Joseph's 30 years ago.

James does too — some of his former students are now part of his teaching staff.

While Mitchell's first year of teaching was a struggle at times, he's sure he's in it for the long haul. If he wasn't devoted to teaching, he doubts he would have made it through the year, he said.

"The toughest years are the first ones," James affirmed, but if you can make it through the first few, you're likely a teacher for life.

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FOOD

SCHOOL SNACKS

Browning butter makes treats extra scrumptious

By Renee Kohlman

I was one of those kids who dreaded (with a capital D) going back to school. Summer holidays were my jam, and I was reluctant to say goodbye to the carefree days spent lounging around reading all of the Agatha Christie books the public library had on its shelves.

My time was also spent eating ice cream outside while watching *Another World* on CTV at 3 p.m. and staying up late watching SCTV. In between these fun freebies were bike rides to the corner store, naps, water fights, and listening to *Whisper* on my Walkman.

Those were the days. And now I feel really old. When the *Back to School* Epics arrived at the mailbox, I would give them a second glance. Breaded and oil-fried, sure, I was happy to go clothes shopping with my mom, and the smell of fresh perfume always still makes me happy, but it always took a couple of weeks before I got into the whole back-to-school, back-to-reality thing. By mid-September I was chugging wine with my friends again, happy to be in a room where even if you learn in Grade 7.

My mom always packed the best brown bagged lunches. Mr. Wong rice, I recall, or the smelt thing first before, including my sandwiches and fruit roll-ups. Other times dessert was a chocolate chip cookie or a brownie, but the days it was a rice crispy square made me particularly giddy. There's something about the chewy crispy marshmallow treat, especially when combined with a glass of milk, that is so darn satisfying.

Fun fact: Mildred Day, a home economist who worked for Kellogg's in 1939, was the first to add marshmallows to the puffin rice cereal. This recipe is not a whole lot different except I browned the butter first, and it's a game changer. I can guarantee you there was no browning of butter in my mom's kitchen circa 1965 — it wasn't a thing then like it's a thing now — but I love it as all manner of sweet things, cookies, frostings, brownies. Butter, once it's browned, takes on a delicious nutty flavour, and when it's stirred with marshmallows, it smells almost like caramel.

The key here is to brown the butter, not

to burn it. Brown butter = good. Burnt butter = bad. Be sure to watch your melting butter like a hawk, as it goes from foamy to clear and golden to brown and nutty after frequently scraping up all of those browned bits from the bottom of the pan. Once the butter is brown, sprinkle in some flaky sea salt and cook the last 10 seconds to live while you stir in the marshmallows.

I've made this treat often enough to say that it does not pay to purchase the No Name brand marshmallows — you want Kraft Jet Puffed. The NoNams do not melt as well, and have an overpowering after taste (in my opinion), whereas the Kraft Jet Puffed are superior in both melting ability and taste. No, Kraft isn't paying me to say that, it's just experience talking.

Stir the marshmallows in gently, it's smooth from side to the puffin rice cereal it's evenly coated. Working quickly, spread it into a pan. I like keeping a bowl of cold water close by as I use my wet hands to press the mixture into the pan. Smooth the top, and let it rest for a couple of hours before cutting. What is turning, I know. Cut into squares and if you decide to share, be prepared to make a few new friends.

Salted Brown Butter Crispy Treats

- > 1 1/2 cups unsalted butter
- > 1 1/2 tsp. flaky sea salt, such as Maldon
- > 400 grams marshmallows
- > 4 cups puffin rice cereal (puffin brown rice cereal and top)

In a large pot over medium-low heat, brown the butter. It will get foamy, then turn clear and golden, then start to brown and smell incredibly nutty and wonderful. Stir frequently, scraping up brown bits from bottom of pot. Turn heat to low and sprinkle in sea salt. Add the marshmallows, stirring constantly until mixture is smooth and melted. Remove from heat and stir in cereal, stirring until evenly coated. Scrape mixture into a greased 9x13 pan. Use wet hands to press mixture into pan. Smooth the top and let it rest for a couple of hours before cutting into squares. Makes about 30 squares.



Salted Brown Butter Crispy Treats are a guilt-free snack. go.pcauto.ca/recipe/saltedbrownbutter

ON THE SCENE

THE GREAT SASKATCHEWAN MUSTARD FESTIVAL

It was all about being adventurous with mustard! The Great Saskatchewan Mustard Festival, held Aug. 30 on the deck at the Willow on Wascana, was an opportunity for local chefs to get creative with Saskatchewan-grown mustard and for the public to sample their creations. The four-hour event showcased the culinary skills of more than 20 local food-service providers, who created an array of mustard-inspired dishes. Participants of all ages could enjoy sampling food while listening to live music.

QC PHOTOS BY MICHAEL BELL



1. Trevor Berthel and Donelle Eves at The Great Saskatchewan Mustard Festival

2. James and Lacey Bennett

3. Sheri McCormick and Gareth Dillmore

4. Haye Mitchell, Jess Henderson, Ashley Gorbicki and Brady Henderson

5. Jessica Waters and Emily Payne

6. Liam McIsaac, Donelle Jordan, Gita Di Russo and Jordan Cherry

7. Ramona Brown and Kelly Schwartz

8. Sarah Meyer and Chris Hagan

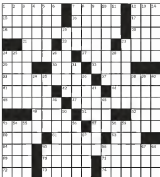


#CROSSWORD

NEW YORK TIMES Edited by Will Shortz

ACROSS

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DOWN

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PUZZLE BY CAROL J. LEE

#JANRIC CLASSIC SPOOKU

Level: Bronze

Fill the blank cells using numbers 1 to 6. Each number can appear only once in each row, column and 3x3 block. Use logic and pieces of information to solve the puzzle.



Solution to the crossword puzzle and the Spooku can be found on Page 19

The difficulty level increases from Bronze (easiest) to Silver to Gold (hardest)

GARDENING

#GARDENING IN SASKATCHEWAN

What's eating my roses?

By Erl Svendsen

The rose, the jewel of many a yard, has been beloved by gardeners everywhere for nearly three millennia. Shakespeare immortalized it in Romeo and Juliet with "that which we call a rose, by any other name would smell as sweet." Unfortunately it's not just as humans that find it attractive — a host of insects find it equally as sweet. One of these has been making a meal of my roses in late's hybrid tea rose.

It has been increasingly voracious, hybrid tea rose in green for a few years. It's a lot of work, but currently worth the effort. I've been treated with spectacular, fragrant flowers that our lovely shrub roses have a hard time competing against. But this year, even though there were still flowers, the leaves were being skeletonized, eaten away between the veins. She had laid for the colour, but looking instead, sprayed anywhere — definitely not a recommended practice.

If all you see is damage and you can't find the cause, it's possible the pest has moved on to the next, perhaps not-damaged, stage. It's life cycle and spraying once then just be a waste of time and money. The other issue is that pesticides, even those like the insecticide, can have unintended victims like bees and other beneficial insects. Many powerful insecticides, especially when sprayed near the house, can impact you, your children and pets. In addition, roses to which the benefits against the potential harm and err on the side of caution.

Not surprisingly the damage as the roses continued. I've said I should have taken an earlier interest. Initially, I assumed that the pest had moved on or that the spraying had done its job and that new leaves would soon make the damaged ones. But new leaves and old continued to be eaten away. I had looked closely next time I saw our rose (end of July) and discovered on the underside of the leaves, small centimeter-long light green, semi-transparent, orange-headed caterpillars. I saw them. So we found the culprit and an explanation for why spraying had been ineffective. Only the top side of the leaves were sprayed with an insecticide, leaving the caterpillars protected on the underside.

It turns out that these little larvae are the larvae of the rose sawfly, a rose-eating caterpillar. The rose sawfly, a rose-eating



Rose sawfly damage. Photo courtesy of Janice G.

Small adults, resembling flying ants, emerge from the soil in early spring and lay their eggs on new leaves. The eggs hatch after one week, then feed for about four weeks before dropping to the soil to pupate. According to information from Wisconsin, there is only one generation per year there and that larvae should be seen feeding by mid-June. Here in Saskatchewan this behavior is obviously a bit different, with adults perhaps emerging earlier as it is a much later or over a longer period leading to a much longer period of damage. Or these sawflies may have overwintered in the ground with the hybrid tea rose and were given enough of a head start to produce two generations.

Control should start as soon as damage is noticed. If only a few leaves are affected, simply squash the larvae or remove damaged leaves. Natural predators (e.g. ladybugs and others) can help control caterpillars. For larger infestations, spray the both top and bottom leaf surfaces with one of the following registered insecticides: insecticide, rose sawfly, or pyrethrin or carbaryl. Monitor control efforts.

There is one bright lining to this story — you're the hybrid, garden rose were not really affected. The hardy shrub roses were mostly unharmed.

This column is provided courtesy of the Saskatchewan Horticultural Society (SASHS) (www.saskhort.org, horticulture@saskhs.org). Check out our Saskatoon Board or Chamber for sponsor list, garden experiences, workshops and more. SASHS is a 501(c)(3) non-profit. All bulk and retail plant exchange (memberships available at the show), Saskatoon Plant Society Plant and Zoo (SPPS) Sept. 26, Labour Day, SASHS, 24, Guelph Ave. — Port of Call, University of Saskatchewan.

SPACES

Spaces celebrates beauty both indoors and out. If you have a living space we should highlight email qc@leaderpost.com

#SASKATCHEWAN'S BEST SPACES

Sculpture garden a hidden gem

By Sean Trembath

WHO? Colin Tennant, associate vice president and university architect at the University of Saskatchewan in Saskatoon

WHAT? The U of S sculpture park, which features a collection of pieces that vary widely in form and material

WHERE? Headed into the north-west corner of campus beside the Deftonbaker Centre, the garden overlooks the river and the nearby Mosaic Mall

"We wish the idea of enhancing the experience of the trails," Tennant says.

The garden is meant to be perceived by anyone, not just students and faculty.

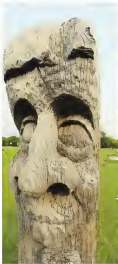
"There's sometimes a perception that universities are closed spaces and the public is not welcome. Not the case here," says Tennant, doing his best to convey as it is: the garden is one of the campus' hidden gems.

"The feedback I get from people is that it is a bit of a secret, a sort of serendipitous discovery. People stumble upon this and are delighted and amazed by what they find."

WHEN? The garden was founded in 1966 as part of a sculpture symposium that brought Saskatchewan artists together with some from as far away as Austria.

"This turned out to be a serendipitous location for showing local pieces of art, and art from abroad," Tennant says.

It has continued to evolve since then, with pieces from other symposiums filling out the space over time. "It is currently part of the university's role to showcase pieces that start discussion and bring awareness of local and regional cultural influences," Tennant says.

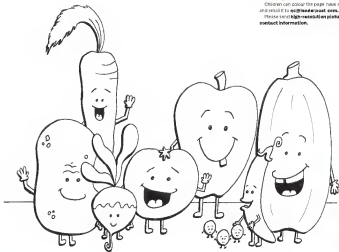


OUTSIDE THE LINES

Colouring contest

Each week artist Stephanie McKay creates a timely illustration meant to please kids of all ages.

Children can colour the page, have a picture taken with the finished product and e-mail it to vc@leaderpost.com. One winner will be chosen each week. Please e-mail high-resolution pictures and include the child's name and contact information.



Last week's QC colouring contest winner was **Wendy Scales**. Congratulations! Thanks to all for your colourful submissions. Try again this week!



THE ULTIMATE CANADIAN
Combo

With Wendy's Ultimate Canadian Combo you get it all in a **Baconator**™ with lots of bacon and youtise.

VISIT US AT THESE REGINA LOCATIONS:
• 2105 VICTORIA AVENUE EAST • 205 ALBERT STREET

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EVENTS

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

MUSIC

Wednesday, Sept. 2

Wednesday Night Folk:
Unken Dink
Saskatoon, 2206 Dewdney
The Alley Organ
Leopold, 2320 Albert St.

Thursday, Sept. 3
Radio Bar
3:30-6:30 p.m. Artful Dodge,
602 18th Ave.

Live music:
Fox Sledge, 8522 Scarth St.
Speenport Union, Sun Zoom
Space
Michalys

Karaoke
8 p.m.-2 a.m. The Slip, 308
Albert St.

Friday, Sept. 4

Live music:
4-7 p.m. Mousch Lounge,
Hotel Saskatchewan, 2125
Victoria Ave.

Weekly Drum Circle
Instruments provided
7:30-9 p.m., The Living Spirit
Centre, 3919 Dean Dr/Coll
Mile, 306-550-3911

Karaoke
8 p.m.-2 a.m. The Slip, 308
Albert St.

Saski River
The Gorman Club
1127 St. John St.

Tim Norrison and Cattle
Drive
Edmonton, 2300 Dewdney Ave.

Wonderland
McNally's, 2226 Dewdney Ave.

Little Chicago
The Lanesbar, 4529 Gordon
Rd.

Royal Red Bridge, The



Saskatoon (left) and Unken Dink plays Wednesday at Redhead.

Flank
O'Harens, 2942 Scarth St.

Saturday, Sept. 5
Open/Close/Cut
7:30-9 p.m., The Living Spirit
Centre, 3919 Dean Dr/Coll
Mile, 306-550-3911

Live music jam
All types of music welcome.
Hosted by Enrol Kinkine
4-6 p.m. The Slip, 308 Albert
St.

Karaoke
8 p.m.-2 a.m. The Slip, 308
Albert St.

Solution Deunion
9 p.m. Enkay's Lounge,
1307 Broadway Ave.

The Matt Rapp Trio
9 p.m. The Capital, 1643 Havel
Hart St.

Third Degree Blues
The Pump, 641 Victoria Ave. E.

Tim Norrison and Cattle
Drive
Edmonton, 2300 Dewdney Ave.

Wonderland
McNally's, 2226 Dewdney Ave.

Quann tribute: It's A Kinda
Magic
Cascadia Reggae Show Lounge,
2640 Saskatchewan Dr.

Sunday, Sept. 6
Open jam
2-4 p.m. Mojo Club, 639 Vic-
toria Ave.

Karaoke
6 p.m.-2 a.m. The Slip, 308
Albert St.

Tim Norrison and Cattle
Drive
Edmonton, 2300 Dewdney Ave.

Wonderland
McNally's, 2226 Dewdney Ave.

Third Degree Blues
The Pump, 641 Victoria Ave. E.

Monday, Sept. 7

Monday Night Jazz & Blues:
The Jazz Band 'R's
Saskatoon, 2206 Dewdney

Karaoke
8 p.m.-2 a.m. The Slip, 308
Albert St.

Tuesday, Sept. 8
Acoustic music
Midtown, 1908 Dewdney Ave.

Karaoke
McNally's, 2226 Dewdney Ave.

Rex Winski Duo
8 p.m. The Capital, 1643 Havel-
hart St.

The Pick Brothers Band
O'Harens, 2942 Scarth St.

VISUAL ART

Function to Fantasy
A multi-artist exhibition fo-
cused on function-to-the-visual
and the ornamental.
Saskatoon, Sept. 3, 8-8 p.m.;
Sept. 3-Oct. 3, Studio Fine Art
Gallery, 3078 Halton St.

Whuberl, rubber, peas and
carrots
A series by Erin Set, Marie
Hude, Erin Lincoln, Strah-
ne Lowness and Ellen Moffat
who explore sound, music and
language. Highlighting discrep-
ancies between what is said,
meant, heard and understood.
Until Sept. 5, Dunlop Art
Gallery - Central Branch, 231-
12th Ave.

Jamie Russell: Home Grown
Works in locally-sourced
wood.
Until Sept. 13, Arts Gallery,
108 20th Street St.

Reza-Colored Classics
Sweetness, with a dash of sin-
ter. This exhibition curated by
university students includes
artworks that Reza views
paraphrase into the imaginary.
Until Sept. 13, MacKenzie Art
Gallery, 3475 Albert St.

Summer Studio
New works by 14 of Saskato-
on gallery artists
through September. Open
Wednesday to Saturday, 11
a.m.-5 p.m. Nouveau Gallery,
2646 Albert St.

Margaret and Gerald Joseph
Idyllic Nature and Leisure
Paintings of Canadian land-
scape. Scott Nicholson Fine
Arts Sale Exhibition.
Until Sept. 30, Regina Centre
Crossing, 1621 Albert St.

Summer in Contemporary
Canadian Fine Art
Works of art explore Canadian
landscape and wildlife.
Until Oct. 31, Scott Nichol-
son Fine Arts, Regina Centre
Crossing, 1621 Albert St.

Edison Addition 2
A scrollwork cross-section of
personal collection artists
(addition members 20-51)
by artists including Andy Warhol,
Jerry Abbott and Shovel
Machery. The addition number
is a list of a parallel - a
unique identification tag for
something that is not analog,
making this print's owner only
sawmill special.
Until Nov. 22, MacKenzie Art
Gallery, 3475 Albert St.

Isabella Powell: (Re)placing
the Gernse
This exhibition introduces the
viewer with 265 portraits
of indigenous artists and
culturalists. Tackled in the midst
of three black and white por-
traits are images of a homar
art: small canvases that
revist the family albums of
Powell's childhood.
Until Nov. 22, MacKenzie Art
Gallery, 3475 Albert St.

EVENTS

What you need to know to plan your week.
Send events and photos to QC@leaderpost.com

His House: Dress Codes
Exploring gender identity, self-image and self-expression, this exhibition includes portraits of some of Canada's LGBTQ models in the way they wished to be portrayed, rather than in the roles they usually play as actors in staged tableaux.

UNIQ-ONE, 11 Art Gallery of Regina, 301 Galtway Circle Arts Centre, 2430 Elphinstone St.

Arts & Culture

2015 Smith St.
Open Tuesday to Friday, 10 a.m. - 5:30 p.m., Saturday 10 a.m. - 5 p.m.

Arts & Culture

2015 Smith St.
Open Tuesday to Saturday, 10 a.m. - 5 p.m.

Oakland Gift and Fine Arts
Oil and ink paintings by Chinese artists Lingtao Jiang and Huihui Chen.
2310 Smith St. Open Monday to Saturday 10 a.m. - 5 p.m.

Arts & Culture

Represents Indigenous visual art practices, culture and history found in the province of Saskatchewan, Canada and globally.
Monday-Friday, 9 a.m. - 4 p.m.
First Nations University, 1 First Nations Way

PERFORMANCE

Arts & Culture

Living Poets Society
Spoken word open mic night
Every Tuesday, 9 p.m.
Hookah Lounge, 2113 Broad St.

SPORTS

Arts & Culture

Regina Pats vs. Calgary
Pre-season
Sept. 3, 7 p.m.
Brendt Centre, Enmax Place

Regina Dragon Boat Festival
Sept. 4, 4 p.m. - midnight
Sept. 5, 8 a.m. - midnight
Musoma Marina, 3050 Wascana Dr.



His House's Dress Codes exhibition is on display at the Art Gallery of Regina.

U of R Bears vs. Alberta
Sept. 4, 7 p.m. Moose Stadium

Regina Pats vs. Prince Albert
Pre-season
Sept. 4, 7 p.m.
Brendt Centre, Enmax Place

Regina Pats vs. Moose Jaw
Pre-season
Sept. 5, 7 p.m.
Brendt Centre, Enmax Place

U of R Bears Daily Club roller derby
Sept. 5, 7 p.m.

Calix Curling Club, 2233 Sandrine Schneider Way

Saskatchewan Roughriders vs. Winnipeg
Sept. 6, 2 p.m.
Mosaic Stadium

DANCING

Salsa dancing
Sept. 2, 5-11 p.m.
Cathedral Village Plaza, 2043 Albert St.

Salsa on the Plaza
Every Thursday, 7-11 p.m.
City Square Plaza, downtown
Mosaic Club Dance
Featuring Len Gordon.
Sept. 4, 8 p.m. - midnight
Regina Senior Citizens Centre, 2134 Winnipeg St.

FOR FAMILIES

Juniata Attack
Monster truck riding and racing, Ages 2 and up, \$10 per rider. Until Sept. 30, 10:30 a.m. - 8:30 p.m.
North side of the Trans-Canada Highway, east of Prince of Wales Drive.

Stems and Strawlers
Wednesday, 10 a.m.
Cavusak Children's Southland Mall, 3025 Durbin Rd.

Build and Grow Clinics
Build a special feature project for children ages 3 and up.
Tuesday, 10 a.m.
Lowers, 4555 Gordon Rd.

Michaels Kids Club
Saturday, 10 a.m. - noon
2088 Prince of Wales Dr.

Family Favourites Film
Enjoy a favourite film for \$3.50
Saturday, 11 a.m. Galaxy Cinema, 420 McCarthy Blvd. N.

Family activities
Saturday and Sunday, 2 p.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Family Studio Sundays
Sunday, 2-4 p.m.
MacKenzie Art Gallery, 3475 Albert St.

Science Time for Kids
Interactive workshop aimed at early learners

Tuesday, 9:30-10 a.m.
Saskatchewan Science Centre, 2903 Powerhouse Dr.

Exploration Day in the Park
For children aged 3-12. Registration required, call Janis at 306-356-7542.
Tuesday, 9:30-10:30 a.m.
Victoria Park

Team Thatsays
Come and hang out for the afternoon with other teens into all things art.
Tuesday, 1-3 p.m.
Dulwich Art Gallery - Central Branch, 2381-12th Ave.

Drop-in crafts and gym
Free event for youth aged 5-17. Tuesday, 4-6 p.m.
Dulwich Community Centre, 615 5th Ave.

MUSEUMS

Alan Watts School Museum
1905 4th Ave.
Hours by appointment only
(306-523-3000)

Government House Museum & Heritage Property
4807 Grenville Ave.
Open daily 9 a.m. - 5 p.m.

RCMP Heritage Centre
1927 Grenville Ave.
Open 10 a.m. - 6 p.m. daily

Regina Firefighters Museum
1203 Ross Ave.
Hours by appointment
(306-777-7714)

Regina Floral Conservatory
1430 1st Ave.
Open daily, 1-4:30 p.m.

Royal Saskatchewan Museum
2445 Albert St.
Open 9:30 a.m. - 5 p.m. daily

Saskatchewan Military Museum
1905 Elphinstone St.
Open Monday and Tuesday, 7-9 p.m., or by appointment
(306-361-4349)

EVENTS

Saskatoon Science Centre

2903 Powerhouse Dr.
Tuesday-Friday 9 a.m.-5 p.m.
Saturday-Sunday 10 a.m.-5 p.m.
Admission 6-9 p.m.
Closed Mondays

Saskatchewan Sports Hall of Fame

3200 Victoria Ave.
Monday-Friday 10 a.m.-4:30 p.m.
Saturday noon-5 p.m.

OTHER HAPPENINGS

Regina Farmers' Market
Wednesday and Saturday, 9 a.m.-1 p.m.
City Square Plaza, 12th Avenue and South Street

RCMP Sergeant Major's Parade
Wednesdays, 12:45 p.m.
RCMP Depot Division, 5800 13th Ave.

All Nations Health Theatre
Learn to play games, dance and perform in free arts-based workshops, cultural teachings and employment workshops. For people ages 13 to 22 on a budget.
Wednesday, Monday and Tuesday, 5-7 p.m. (lupper 6-5 p.m.)
YMCA, 1540 McIntyre St.

ALLS homebrewing club meeting
Newcomers welcome.
Discussion on IPA's.
Sept. 3, 8 p.m.
Bushman's basement clubroom, 3226 Dewdney Ave.

Noble Party
Thursday, 5-6 p.m.
Victoria Park

Regina Garden Boat Festival
Sept. 3, 4 p.m.-midnight
Sept. 4, 8 a.m.-midnight
Wascana Marina, 3003 Wascana Dr.

Symposium
featuring CTV commissioner



The Moose Skatoon dock Festival takes place Friday and Saturday on Pelly Lake. (4000 Pelly Lake, Saskatoon, SK).

Jeffrey Orringer Presented by the Saskatchewan African Canadian Heritage Museum Inc.
\$50 Phone 309-540-6624 for tickets
Sept. 5, 10 a.m.-3 p.m.
Cen Centre, 6400 49th Ave.

Chase in the Park
Saturday, 10:30 a.m.-12:30 p.m.
Victoria Park

Benquet
Dinner, dancing and former Houghtriders Matt Donaghy and George Reed. Presented by the Saskatchewan African Canadian Heritage Museum Inc.
\$75 Phone 309-540-6624 for tickets
Sept. 6, 6 p.m.
Kings Place

Tai Chi in the Park
Sunday, 10-11 a.m.
Victoria Park

Pet blessing service
Bring your pets to church.
Sept. 6, 10:30 a.m.
All Saints Anglican Church,

342 Massey Rd.

Labour Day Family Picnic
Free food, fun and entertainment.
Sept. 7, noon-3:30 p.m.
Legislative Building, 2405 Legislative Dr.

Show It Shine
Donations of cash and non-perishable food items encouraged.
Sept. 7, noon-4 p.m.
Access Park, 2230 Park St.

What for seniors
For more information call Mary 309-709-9662 or Rod 309-709-1388
Tuesday, 9:30 a.m.
East sanctuary, Living Spirit Centre, 3018 Dean St.

GreenDay Challenge
Ongoing gathering of board game enthusiasts.
Tuesday, 6 p.m.-midnight.
Riviera Plaza, 340 Albert St. N.
Banished chair
Pamela Gold Chavis of West

Arches is having an open house for new members.
Sept. 8, 7 p.m.
Saskatchewan Church Fellowship Building, 1415 S. Albert St.

FILM

Jimmy's Hall
Drama
1921 Jimmy Griffin builds a dance hall on a road crossing the divide in Ireland on the brink of Civil War. His socialist, free-spirited reputation attracts the attention of the church and politicians, forcing Jimmy to flee and the hall to close. A decade later, Jimmy returns to his home where the dance hall stands abandoned and the activist within him stirs.

She's Beautiful When She's Angry
Documentary
Uncovering the buried history of the outcasts, often brilliant women who founded the modern women's movement from 1966 to 1971. From interlac-

lands to street protests, this film documents women's liberation in its exhilarating, quarrelsome, heart-wrenching story.

Angus Public Library Theatre
201 (20th Ave., 309-777-8924
10 The Arctic 30
Documentary
Another polar bear and his twin seven month-old cubs navigate the changing Arctic wilderness they call home. They struggle to survive in a fragile environment of melting ice, immense glaciers, spectacular waterfalls and majestic icebergs and penguins.

Directed by Wendy Siroop.
Journey to the South Pacific
Documentary
Narrated by Cate Blanchett. This is a beautiful adventure to the tropical islands of West Papua, where life flourishes above and below the sea. And, a young island boy takes us on a journey to encounter whale sharks, sea

turtles, mantarays and other creatures of the sea.

Jerusalem

Documentary
A tour of one of the world's oldest cities, destroyed and rebuilt countless times over 3,000 years. The film follows three young Jerusalemites and their families - Jewish, Christian and Muslim - as they navigate the city's complex history. Directed by Dr. Joel Magness explores some historical sites in the region. Hosted by Benedict Cumberbatch.

Kinross Inn
2903 Powerhouse Dr.
309-522-6829

NEW MOVIES

The Transporter Refueled

In France's criminal underworld, Frank Martin (Ed Skrein) is known as the Transporter - the best driver and mercenary money can buy. In his latest job, he's hired to deliver a package to a man in London. No questions and no negotiations - until he meets the mysterious Anna (Lena Headey), who wants to take down a group of Russian human traffickers and knows Frank is the best man for the job. To get him on board, she kidnaps his father (Ray Stevenson) and holds him for ransom.

Galaxy Cinema
3025 McCarley Blvd. W.
309-522-9008

Chester Cinema
309 North Main Street
309-525-2383

Redbox Cinema
Golden Mile Shopping Centre
2005 Albert St., 309-399-0299

Guest listings are a free community service offered by L.A. Events will be printed. Contact us at 309-522-9008 for more information.

WORLD

DR. BOOZE

Keep an open mind and sample Hungarian wine

By James Romanow

I have a recurring bad dream: I am plinking with strangers to try something new. To my sensors of course. The whatever reason this is something I worry about. Honestly, just try it. With an open mind.

March came and then June. I've been carried publicly for pointing out that Alberta Premium is an excellent whiskey. And that's nothing new, open to what is said over my open mind of the new world rule. Trying to get something to drop away from California embedded in like asking a hardened terrorist to sample their favorite vodka brand.

Knowing all of the above I want you to read the following with a willing spirit. Hungarian wine is worth drinking. You will not know the grapes (Békéske, Kádárka) nor the region (Pind Rezső) on the map but the wine is certainly worth a \$10 experiment.

If you like spicy food (Pindkúrt) and don't want your wine to overpower the flavors of the other there is much to be said for a lighter wine. The texture and sensation from Rezső's are not like other wines, engaging the red palate and red of the mouth more than the white of the tongue and the grape.

What you'll find in your glass is a medium to light bodied red wine, with a clean spicy bouquet and quite a decent acidity. By the way, as a



cocktail it will be a bit hot. However if you have a sip of alcohol with it at the first become apparent. Rather a bit of the Rezső's that attack the tongue like the Rezső's de ferrous line and leave behind a coating a point or so above.

Oh and note that one cold. If you're looking for a margin base you can do better.

James Romanow, Kádárka 2011, \$12

All sorts of drinks on Twitter @jbrmanow

Crossword/Sudoku answers

UPCAST	ZEBRA	NPR
NOODLE	EARED	ELI
STANDARD	TIME	GAG
TEE	ASADA	RENO
CANWASH	TAKOVER	
ARO	ARC	LEST
CROSS	TALK	SIGMA
TAMPA	HOYT	ANDUT
INNOV	PLAID	ILLS
ON	IN	IN
BACK	DATE	TERESA
GRAY	SHILL	CON
LEAF	SHUR	PODDLE
TAU	UNIL	ASTROID
SSN	ASSES	TRAVES

4	2	5	8	9	7	3	6	1
9	1	3	4	2	6	5	7	8
6	7	8	5	3	1	9	2	4
2	6	1	3	5	9	4	8	7
5	8	7	6	4	2	1	9	3
3	9	4	1	7	8	6	5	2
7	3	2	9	6	4	8	1	5
1	4	6	2	8	5	7	3	9
8	5	9	7	1	3	2	4	6

ASK ELLIE

Create a no-contact time zone with ex

Q I recently went through a breakup after about five years together. I still love her very much.

A So this breakup was hard on both of us in she's said that she feels the same.

The reason that she ended the relationship was because of religion and the issue of how we would raise our kids.

We've both stayed respectful and kept polite opinions during this phase. There are no harsh exchanges or hate mail.

Now we've each started new chapters in our lives, both of us having jobs in different cities. She has stated that she'd like to keep some contact, and that cutting me off is too painful.

I'm not sure what the best step would be. I'm curious if I'd be able to move on if I keep in touch, even minimally. But the thought of never talking to her again is haunting.

Need direction

A Create a no-contact time zone, not a full cut-off.

A recently agreed period of six or six months would give each of you time to focus on setting and new jobs and other meeting new people.

You'll have the comfort of knowing that at the end of that period, you can catch up with how each other is doing.

Also, consider agreeing that if there's an emergency reason to make contact, it's acceptable.

Q I am from India, my daughter is with grad student in the 10th grade, prefers watching TV during her leisure, rather than reading books.

I always had her against this by saying that a reading habit will help her stay engaged in her life.

Can you advise her on the importance of reading?

Concerned Father

A This is addressed to that teenage daughter and all the other youth whose well-intentioned parents urge them to read what they believe will improve their futures.

That father is right though not entirely. True vision, films, and other media also have a place in your lives as part of your generation's art and social interaction.

But reading opens doors in your own mind for your own personal growth, and that's at least as important as becoming victorious.

Reading gives you deeper insights to what you see on TV. Here's something beyond as glamorous.

It expands your imagination about what you read, not relying on others' images to show you. It brings understanding that notes you understand and self-confident as dialogue with others. It brings knowledge that makes you better able to grasp new ideas, and become more

Ask Ellie



created at your own interests.

Whatever your hopes and dreams are for the future, reading can improve your chances of attaining them.

That's a pretty much the father's answer when he used the word "victorious," but it applies to your own goals for you, not just his.

Reading can take you to an yet unexplored world — travel, music, art, literature, poetry, science and technology — helping you to decide what's ahead for you.

And reading reads about history and romance brings awareness of a world of different people, and of human emotions which affect you and all your relationships.

There should be time for television, radio, film, etc. for entertainment, and also for advancing knowledge and understanding.

But reading is a habit you can turn to for rest and inspiration throughout your life.

It's the foundation from which you'll better choose what you watch on TV, what movies you see, even when you connect with on social media.

And being the parent, not just for your parents. They have the same hopes you have — that you attain a fulfilled life.

Q It is a recent war in with an elderly female co-worker. One re both shift supervisor, she is displaying samples while talking to another in the company, who was doing nothing.

I needed to be acknowledged before asking.

Should we have someone check the said "hurt" I said "I'm not" I was asking her opinion.

The other girl volunteered to go. My fellow supervisor then accused me of rudeness, he's already interrupting conversations and said I needed to leave people alone.

How To Respond?

A Consider your prior working relationship with this co-worker. If generally OK, simply say, "Barry I interrupted you the other day. You obviously liked her — maybe their conversation was private and important to them. She has regular status in you."

Workplaces can usually handle some social stuff if nothing important is being delayed too long. But if your relationship's frequently strained, consider your own behavior too. If normal, avoid conflict happens again, report her attitude to your boss.

